



Asthma School Advocate Resource Packet

What is an advocate?

An advocate is one who:

- ☆ Argues for a cause
- ☆ Pleads in another's behalf
- ☆ Supports or promotes the interests of another.

Why is an Asthma School Advocate Needed?

Asthma is the number one reason children miss school due to a chronic disease. In Utah, about 61,000 children under 18 have asthma. This is equal to about 2,000 classrooms or 127 elementary schools filled with children with asthma.

Asthma affects school children by increasing absenteeism, affecting their ability to participate in physical education activities, and increasing physician office and emergency room visits.

Asthma cannot be cured, but it can be controlled. A child with well-controlled asthma should not be limited in their activities, particularly attending school and participating in physical activity. It takes an entire team working together to create an asthma-friendly environment that supports well-controlled asthma. Children spend much of their day in schools; therefore, by creating an asthma-friendly environment in schools and educating children and families about asthma, we can help those with asthma live to their fullest potential.

Many children, parents, and school personnel are not aware of asthma resources and programs that assist children in their self-management of asthma. Asthma School Advocates are needed to promote these resources and programs in schools, as well as to be a voice for students with asthma. As the number of Asthma School Advocates grows, asthma awareness and management among children, parents, and school personnel will improve and the burdens associated with childhood asthma will decrease.

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What is the Asthma School Resource Advocate Packet?

The Asthma School Advocate Resource Packet is a tool for advocates to increase asthma awareness and management in schools. The packet contains information on a variety of asthma materials and programs. Topics include: Asthma Information, Asthma Identification and Control, Asthma Tools for Schools, School Air Quality Guidance, Asthma Medications in Schools, Asthma Friendly Schools, Asthma Activities, and Kids Materials.

For more information about becoming an Asthma School Advocate contact:

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